YORK® FITNESS XC530

YORK® FITNESS

EXERCISES & INSTRUCTION MANUAL

Product may vary slightly from the item pictured.

11 / 2005

COMPLIES WITH AUSTRALIAN STANDARD AS 4092-1993
COMPLIES WITH EUROPEAN STANDARD EN957-1+9 CLASS HC

YORK XC530 2in1 CYCLE ROWER

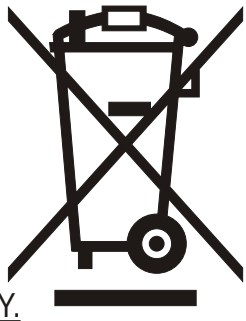
SAFETY GUIDELINES:

Please read and follow the following safety guidelines:
It is recommended that you undergo a complete physical examination before beginning any exercise program.
Read this owner's manual and follow the instructions.

- Assemble and operate the YORK XC530 on a solid, level surface.
- Keep the area behind the YORK XC530 clear.
- Always use your YORK XC530 in adequate space e.g., at least 2 ft. (60cm) clearance on each side.
- Never allow children on or near the YORK XC530.
- Always check the YORK XC530 before using it, in particular make sure all parts are assembled, and nuts and bolts are tightened.
- Do not use the YORK XC530 if the unit is disassembled in any way.

WARNING: Injuries could occur particularly to young children if the guards are removed and not correctly reinstated.
WE DO NOT RECOMMEND THE REMOVAL OF THE GUARDS.
Always check the guards to ensure they are secured before use.
If guards are not secured tighten the screws of the guards.

- Keep hands away from moving parts.
- The max. user weight of 220lbs (100kg) has been determined according to European Standards.
- This product is not suitable for therapeutic purposes (Class B & C).
- Wear proper workout clothing: Do not wear loose clothing.
- Do not wear shoes with leather soles or high heels. Tie all long hair back.
- Do not rock the unit from side to side.
- Care should be taken when mounting and dismounting the unit.
- Do not place any liquids on any part of YORK XC530.
- Do not use any accessories that aren't specifically recommended by the manufacturer, these might cause injuries or cause the unit to fail.
- Always consult your doctor before undertaking any exercise programme.
- Work within your recommended exercise level, do NOT work to exhaustion.
- If you feel any pain or abnormal symptoms, STOP YOUR WORKOUT IMMEDIATELY.
- Consult your physician immediately.
- TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine and contains moving parts which have been greased / lubricated and could leak.
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear e.g. ropes, pulleys & connection points.
- Replace defective components immediately and/or keep the equipment out of use until repair.
- Component such as pulleys, bearings and cables are always more susceptible to wear. Special attention should be taken to inspect these component before use.
- WARNING: Injuries to health may result from incorrect use of this equipment. Always correctly follow the instructions that are set out in this manual.
- That adjustment devices are not left projecting as they may interfere with people.
- Assemble and operate the product on a solid and level surface.



The YORK XC530 is designed for the use and enjoyment of the beginner as well as the dedicated user. By following the above precautions and using good judgement and common sense, you will have a safe and pleasurable exercise regimen with the YORK XC530.

CARE AND MAINTENANCE

Use a warm damp cloth with mild detergent to keep your YORK XC530 clean.

TOOLS REQUIRED

The tools enclosed in the carton are two allen keys (one has a screwdriver function) and two multi-purpose spanners.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

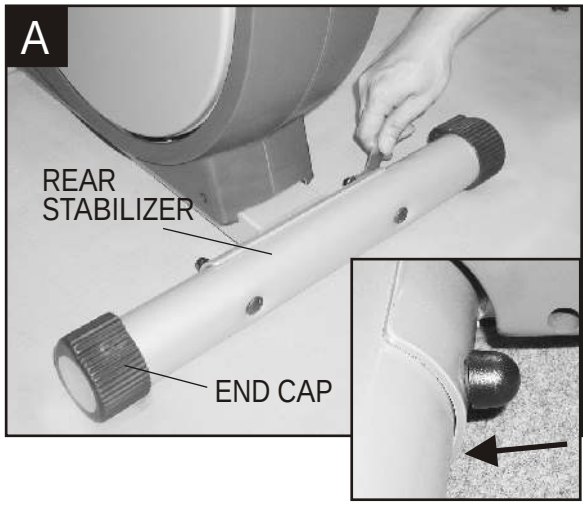
U.K.	AUSTRALIA	U.S.A.
YORK FITNESS	YORK FITNESS	YORK FITNESS
HELP LINE (8:30am- 16:30pm)	HELP LINE (8:00am- 16:00pm)	HELP LINE (8:00am- 17:00pm)
YORK BARBELL (U.K.) LTD.	YORK BARBELL (AUST.) PTY. LTD.	YORK BARBELL USA.
CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND	UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA	3300 BOARD ROAD. YORK, PA 17402
TEL: (01327) 701-824	TEL: (02) 9603-8444	TEL: +1-717-767-6481
FAX: (01327) 706-704	FAX: (02) 9603-8555	FAX: +1-717-764-0416
E-MAIL: helpdesk@yorkfitness.co.uk	E-MAIL: service@yorkfitness.com.au	E-MAIL: info@yorkbarbell.com

GENERAL

WE RECOMMEND YOU HAVE SOMEONE ASSIST YOU IN LIFTING AND ASSEMBLING YOUR YORK XC530.
REMOVE ALL THE PARTS OF YOUR YORK XC530 FROM THE CARTON AND PLACE THEM ON THE FLOOR CAREFULLY.
FOLLOW THESE INSTRUCTIONS CAREFULLY AND IT WILL MAKE IT EASIER FOR YOU TO ASSEMBLE YOUR YORK XC530.

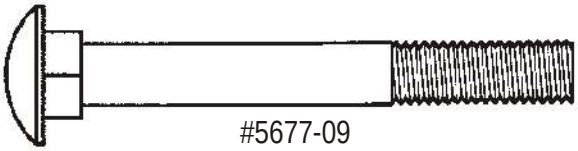
ASSEMBLY INSTRUCTIONS

1.



ATTACH THE REAR STABILIZER

- The rear stabilizer has end caps that can vary in height to enable you to level the trainer on uneven floors.
- Fix the rear stabilizer to the main frame and secure, using two carriage bolts, spring washers, washers and nylon locknuts.
- Fix the plastic caps onto the locknut heads.

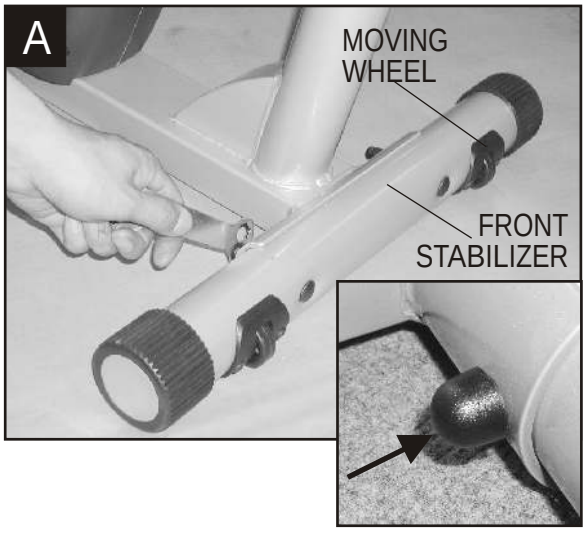


X4

X4

NOTE: This equipment has been supplied with some Nylon Locknuts.
It is essential that the nuts are fully tightened onto the bolts, so that the bolt penetrates through the nylon insert.

2.



ATTACH THE FRONT STABILIZER

- The front stabilizer has moving wheels near each end.
- Fix the front stabilizer to the main frame and secure, using two carriage bolts, washers, spring washers and nylon locknuts.

  NOTE: MAKE SURE you fasten the nuts and bolts securely for your safety and comfort when pedalling.
- Fix the plastic caps onto the locknut heads.

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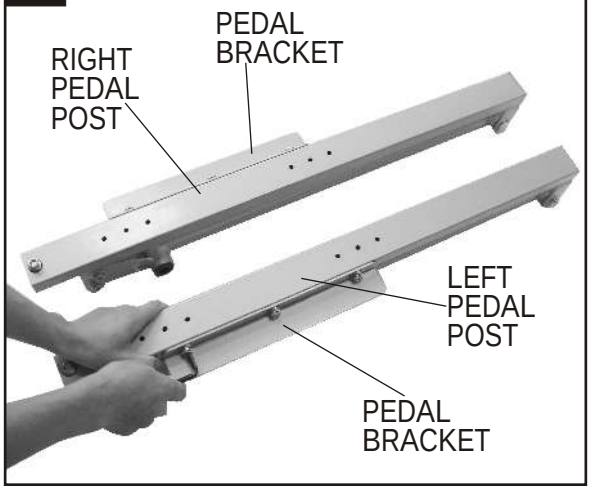
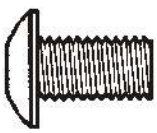
3.

A



ATTACH THE PEDALS TO THE POSTS

■ Attach the pedal brackets to the pedal posts and secure, using six allen head bolts, spring washers and washers.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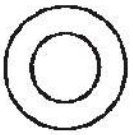
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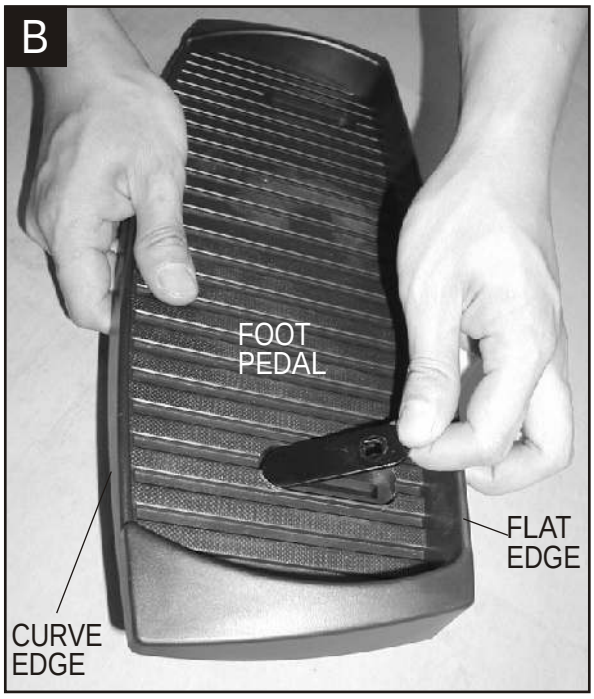
X6

NOTE: MAKE SURE you fasten the bolts securely for your safety and comfort when pedalling.

B



■ Insert the foot pedal washers into the slot in the foot pedal securely as shown.

NOTE: The fixing hole of the pedal washer must be fixed facing towards the flat edge of the pedal.

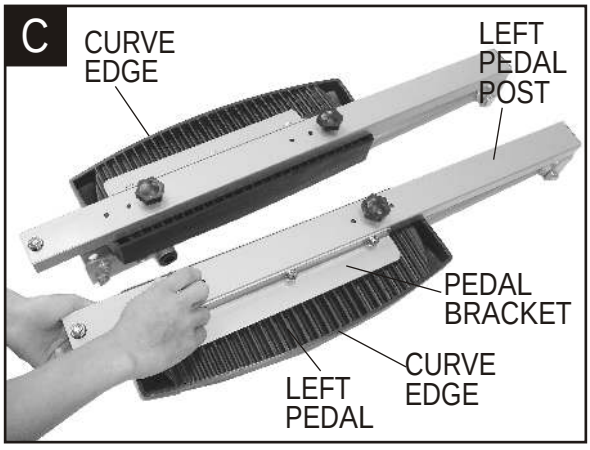
■ Attach the pedals to the pedal post and secure, using four carriage bolts, washers, spring washers and fixing knobs.

NOTE: The curved edge of each pedal must be on the same side of the pedal post as the pedal bracket.

There are three adjustable holes on the pedal post for you to adjust the pedal to a suitable position.

MAKE SURE you fix both pedals into the same positions on the pedal posts.

C



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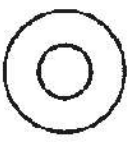
X4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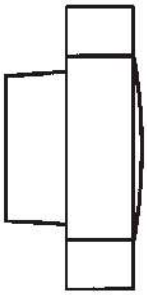
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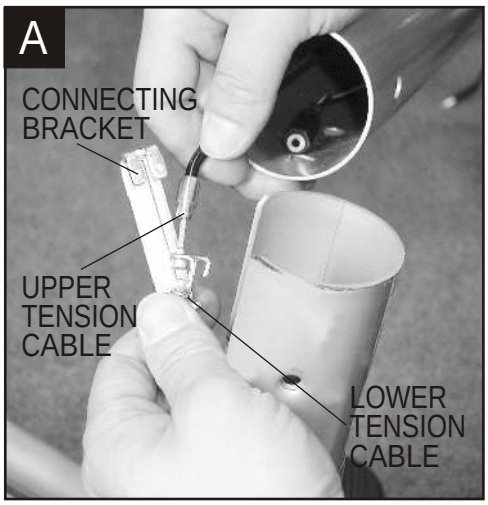
X4

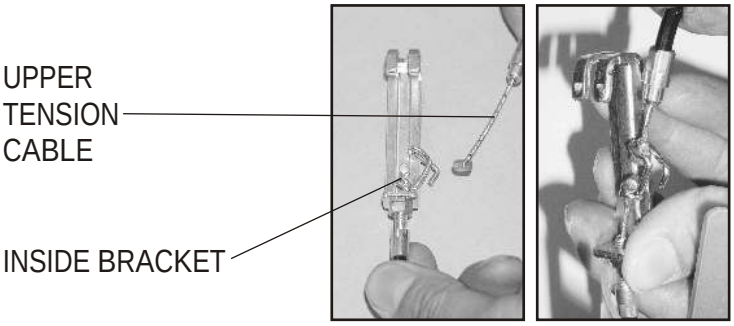
* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

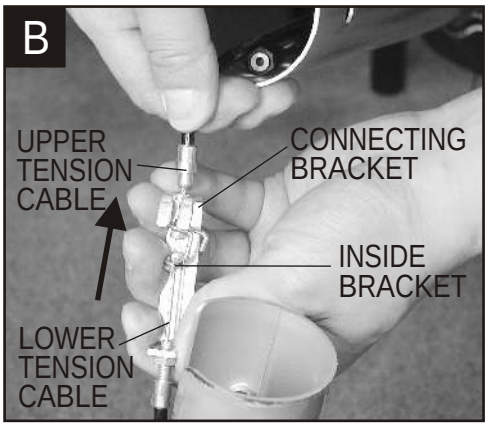
4.

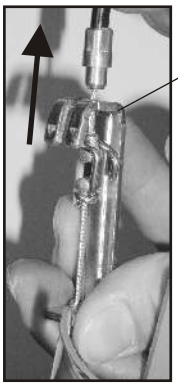
ATTACH THE FRONT POST



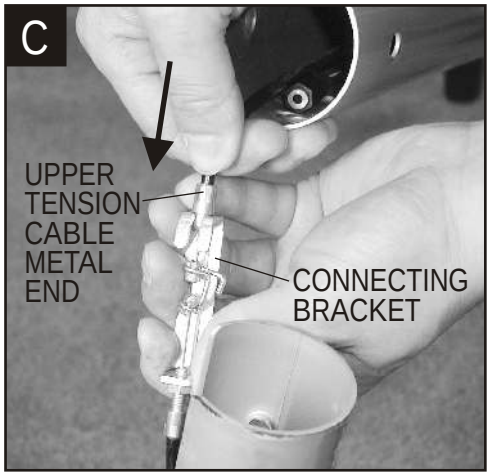
- You may find that you prefer to support the front post either between your legs or with your hand.
- Connect the upper tension cable to the inside bracket at the end of the lower tension cable.

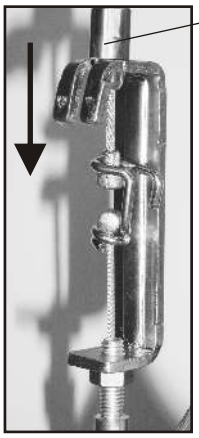




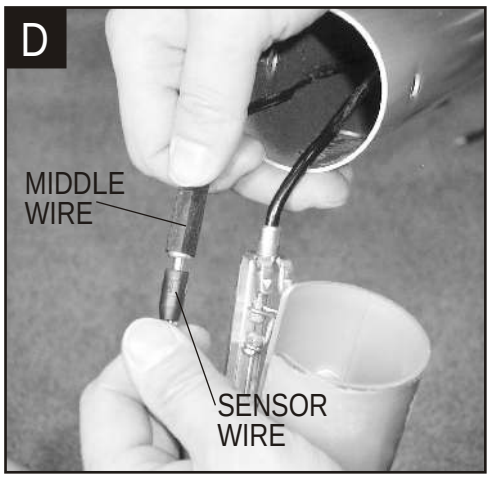


- Once the upper tension cable is connected to the inside bracket, firmly pull the upper tension cable upwards, above the connecting bracket as shown.





- Position the upper tension cable in the slot at the top of the connecting bracket. Ensure the metal end of the upper tension cable is engaged in the slot as shown.



- Connect the sensor wire plug protruding from the main frame to the middle wire plug protruding from the end of the front post.
- Check the middle wire runs up the front post and out of the top - later this will connect to the computer.

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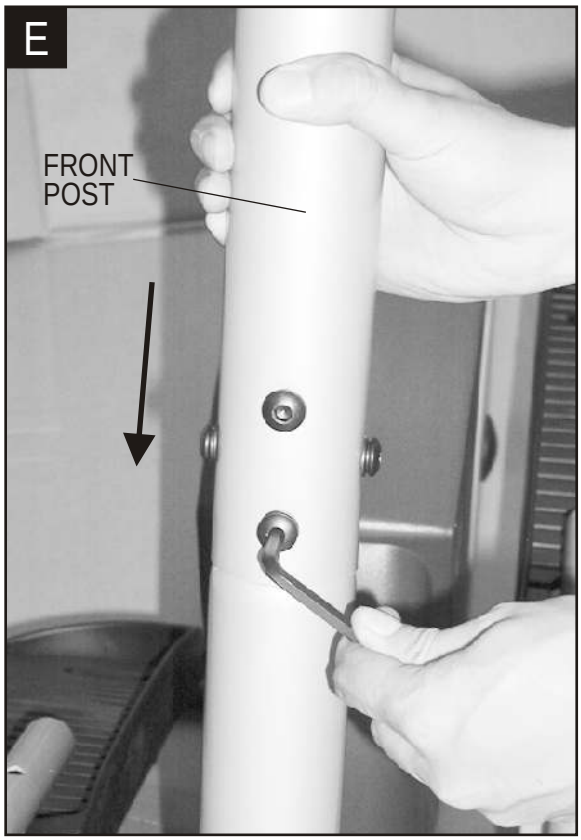
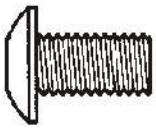


■ Insert the front post into the front post mounting tube and secure, using four allen head bolts, spring washers and washers.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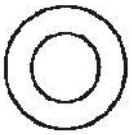
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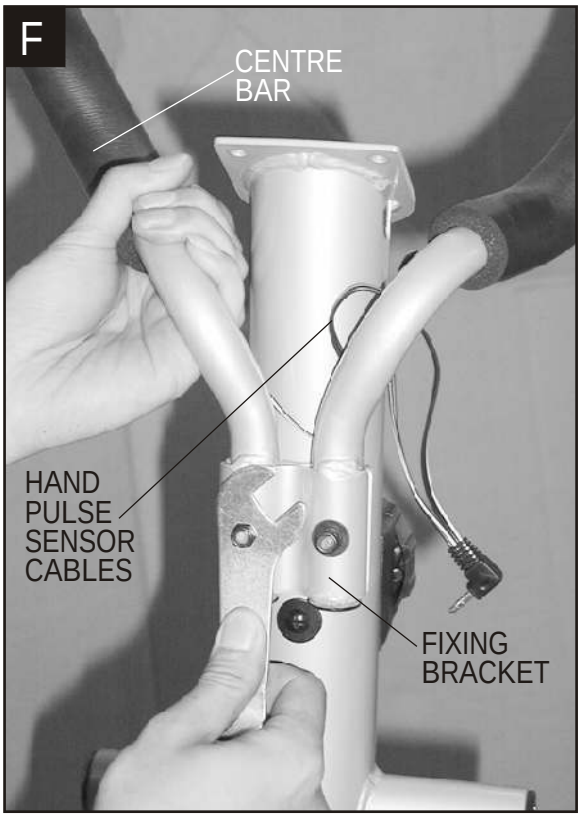
X4

NOTE: TAKE CARE to ensure that the wire does not get trapped when you attach the front post.



■ Fix the centre bar to the front post via the fixing bracket using two washers, spring washers and locknuts.

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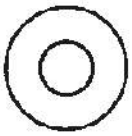
#5677-49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X2

NOTE: TAKE CARE to ensure that the hand pulse sensor cables do not get trapped when you attach the centre bar.

MAKE SURE you fasten the nuts securely for your safety and comfort when pedalling.

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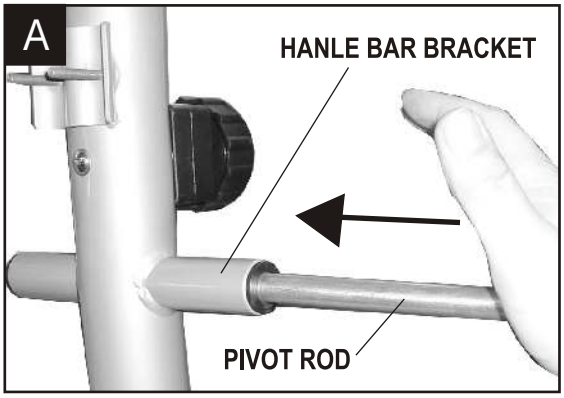
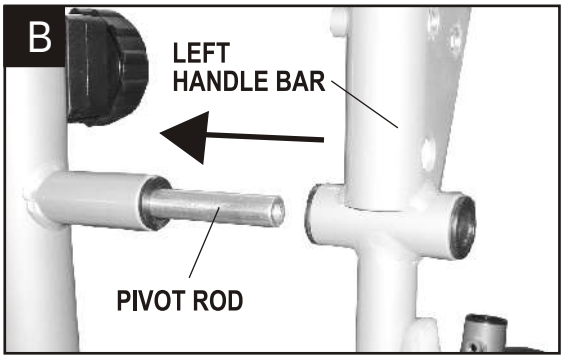
5.



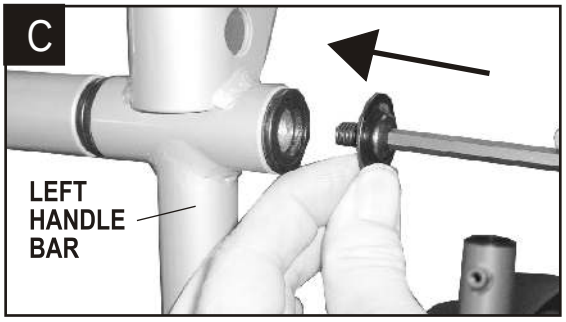
ATTACH THE HANDLE BAR POSTS

- Insert the handle bar pivot rod from the left side, and centre through the handle bar bracket.

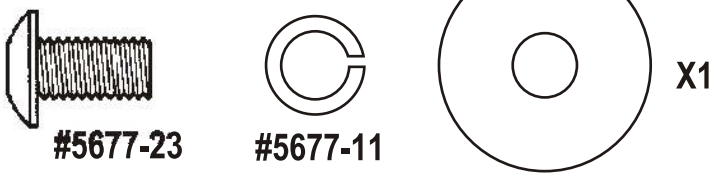
  NOTE: TAKE CARE not to push the nylon bushing out of the handle bar bracket when inserting the pivot rod.

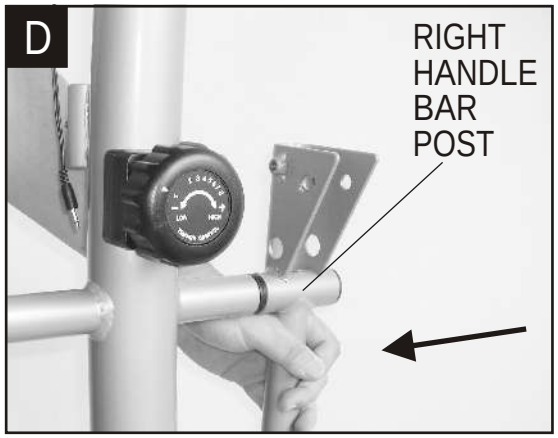


- Attach the left handle bar post onto the handle bar pivot rod from the left hand side as shown.

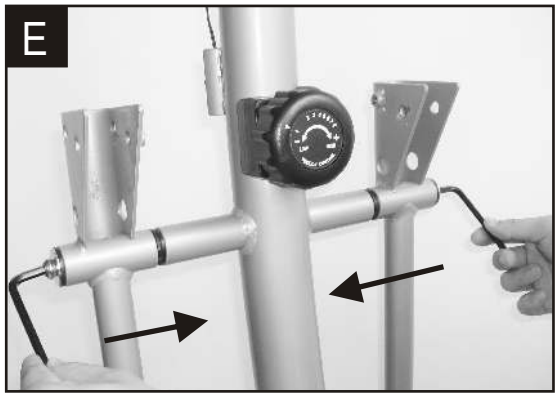


- Secure the left handle bar post to the handle bar bracket with one allen head bolt, spring washer and washer.

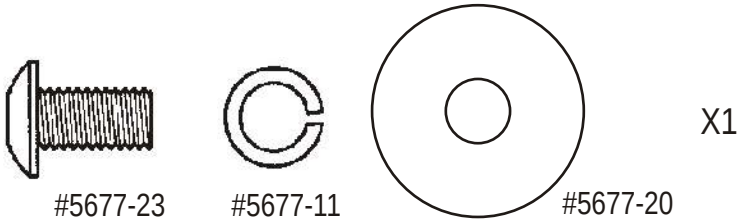




- Attach the right handle bar post onto the handle bar pivot rod from the right hand side as shown.



- Secure the right handle bar post to the handle bar bracket with one allen head bolt, spring washer and washer.



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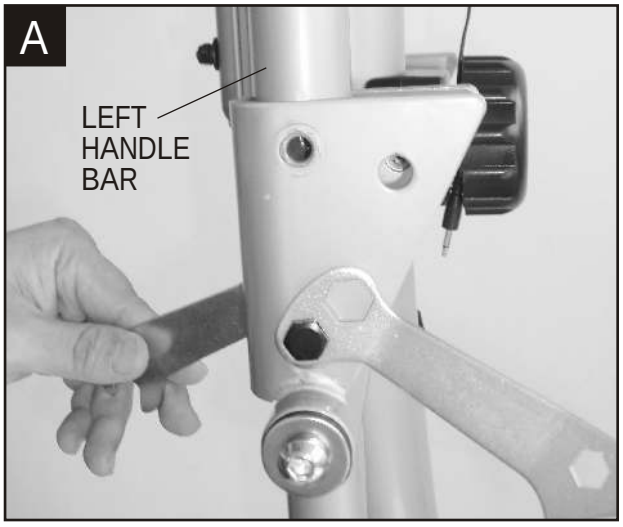
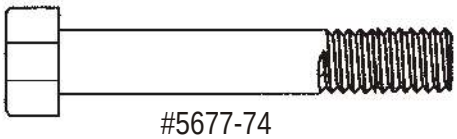
6.

A



ATTACH THE HANDLE BAR

- Attach the left handle bar to the left handle bar adjustable bracket and secure, using the hex head bolt, metal bush and locknut into the bottom hole of bracket as shown.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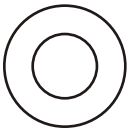
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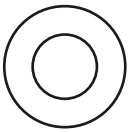
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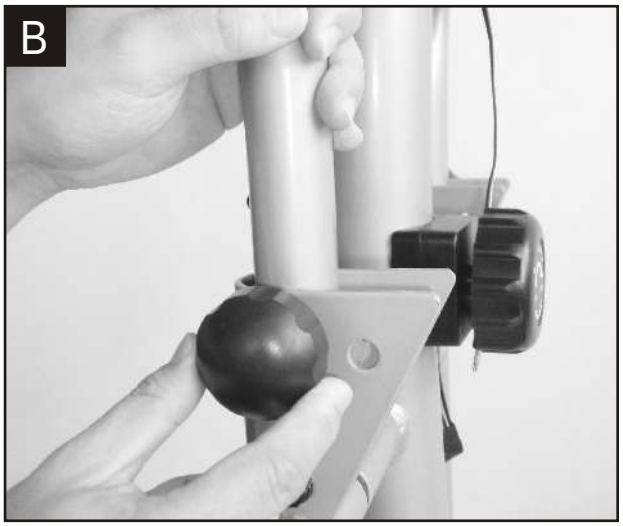
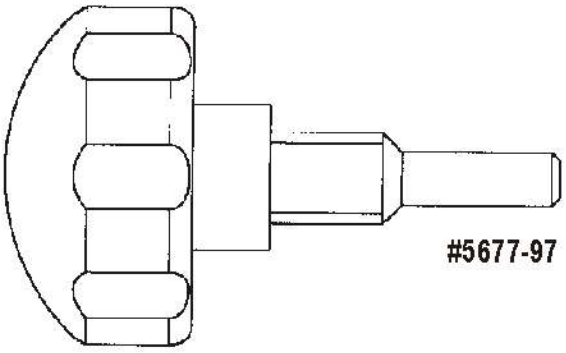
#5677-12 X1

NOTE: The hex head bolt and metal bush must be threaded from the outside of the bracket toward to the handle bar so the metal bush sits inside the hole in the bracket.

B



- Secure the top hole of the bracket with fixing knob as shown.



X2

- Repeat the same process for the Right Handle Bar Assembly.

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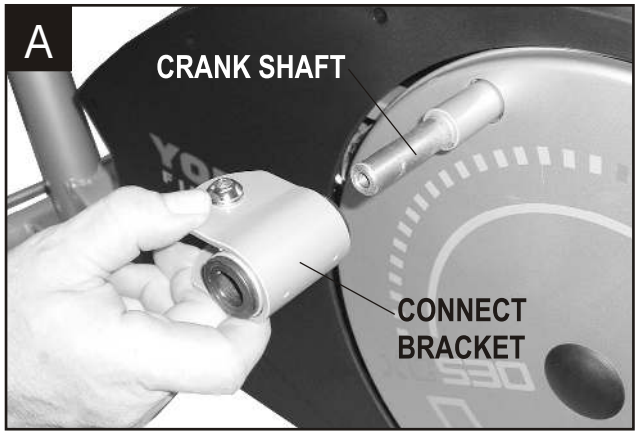
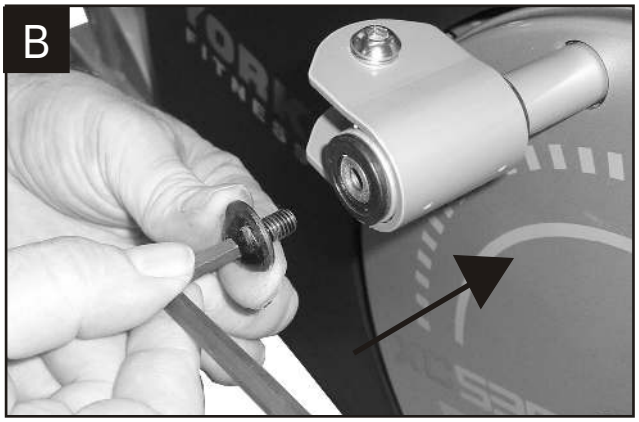
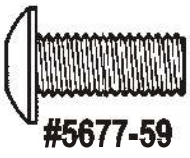
7.

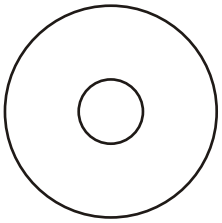


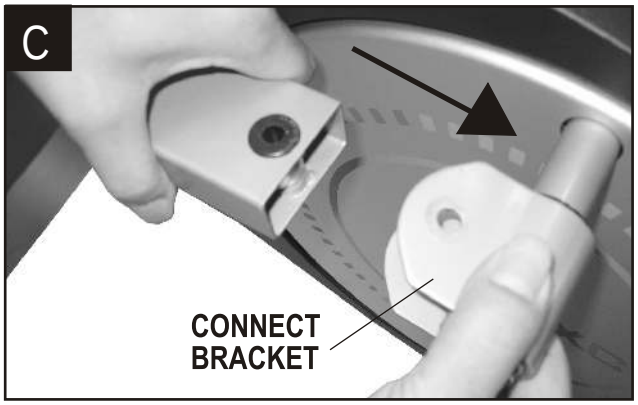
■ **Slot the pedal post onto the left side crank shaft, with the pedal post fixing hole facing toward the front as shown.**



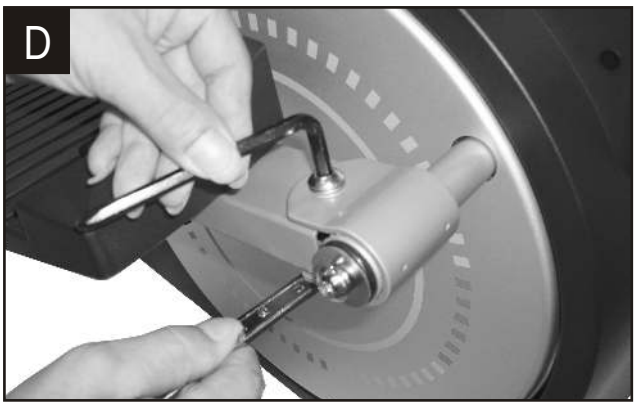
■ **Screw the connect bracket onto the crank shaft with one allen key head bolt, spring wahser and washer.**



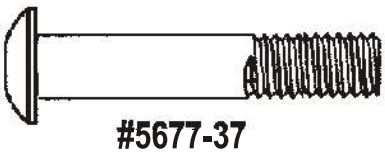




■ **Insert the left pedal post assembly into the connect bracket as shown.**

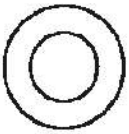


■ **Secure the left pedal post assembly into the bracket by using one allen head bolt, two washers & one nylon locknut properly.**



X1

#5677-37



X2

#5677-10

X1

#5677-12

■ Repeat the same process for the Right Pedal Post Assembly.

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

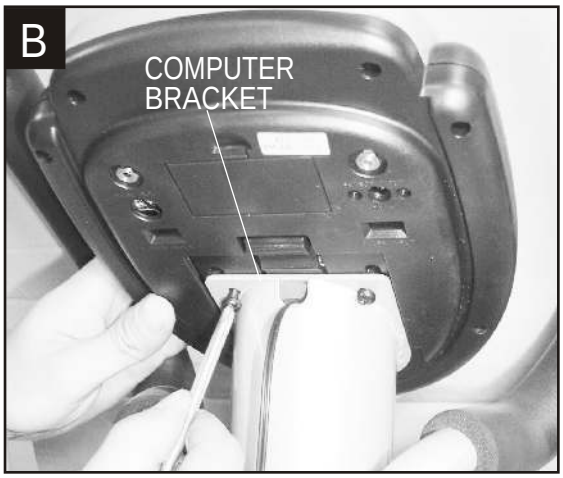
8.

ATTACH THE COMPUTER

A

■ Insert two batteries (AA size 1.5V) into the compartment in the back of the computer.

B

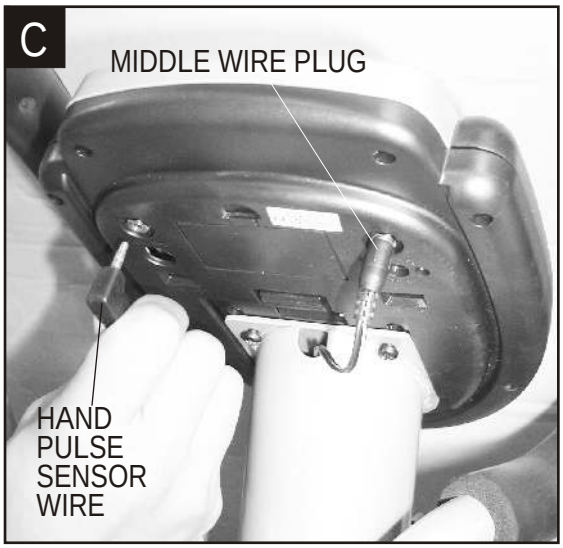


■ Attach the computer to the computer bracket by using two machine screws. (The machine screws are located in the back of the computer console.)

#5677-30 X2

NOTE: TAKE CARE to ensure that the wire does not get trapped when you attach the computer.

C



■ Plug the hand pulse sensor into the left hand side socket on the back of the computer.

■ Plug the middle wire into the right hand side socket on the back of the computer.

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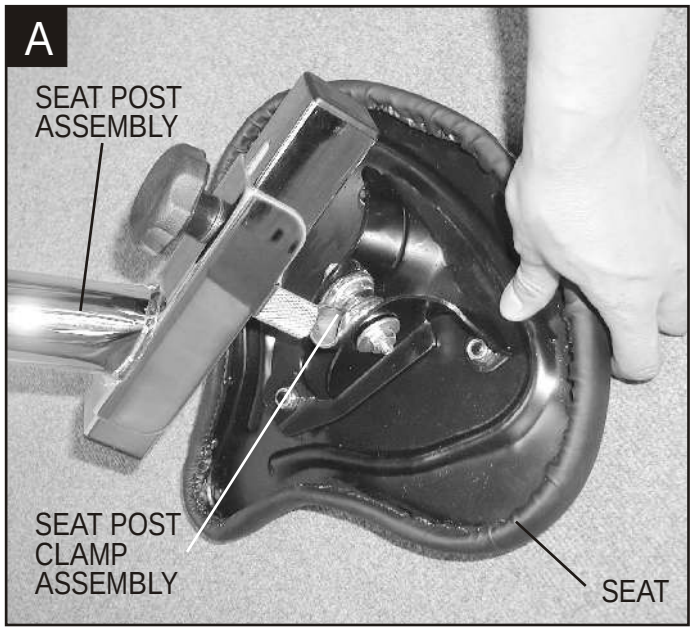
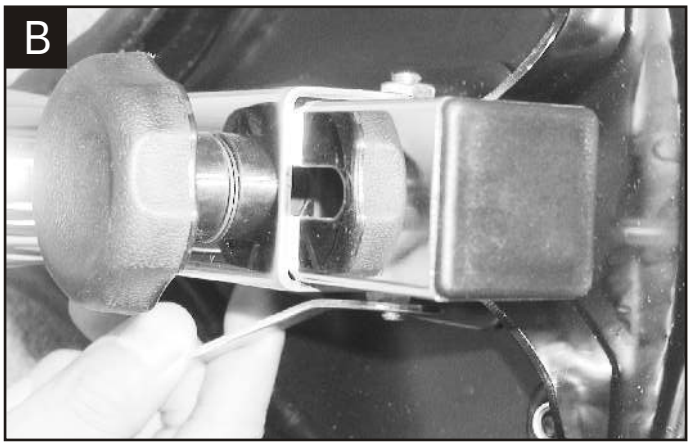
9.

ATTACH THE SEAT & SEAT POST

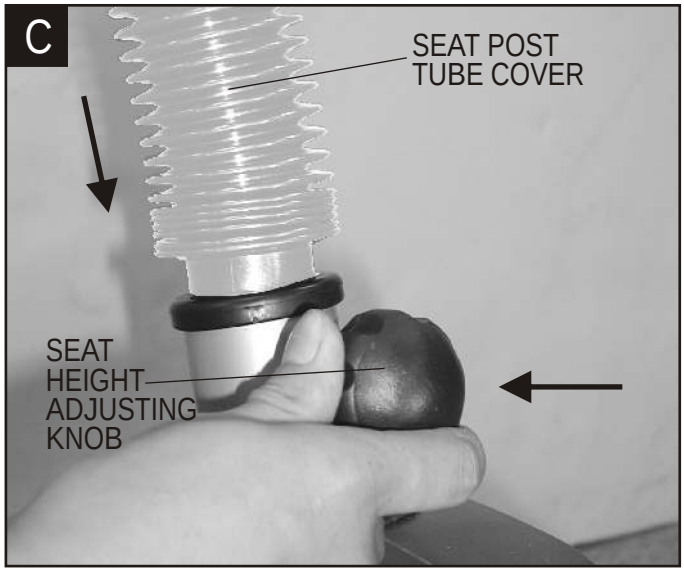


- Release the seat post clamp assembly firstly.
- Attach the seat post assembly to the seat.



- Adjust the seat to the desired angle then fasten the seat post clamp assembly securely.

  NOTE: MAKE SURE you fasten the nuts on both sides evenly and tightly for your safety and comfort when cycling.



- Slide the seat post tube cover onto the seat post.
- Fit the seat post into the seat post mounting tube and secure in position with the seat height adjusting knob.

RECHECK THAT ALL THE BOLTS AND NUTS ARE TIGHTENED SECURELY FOR YOUR SAFETY & COMFORT.

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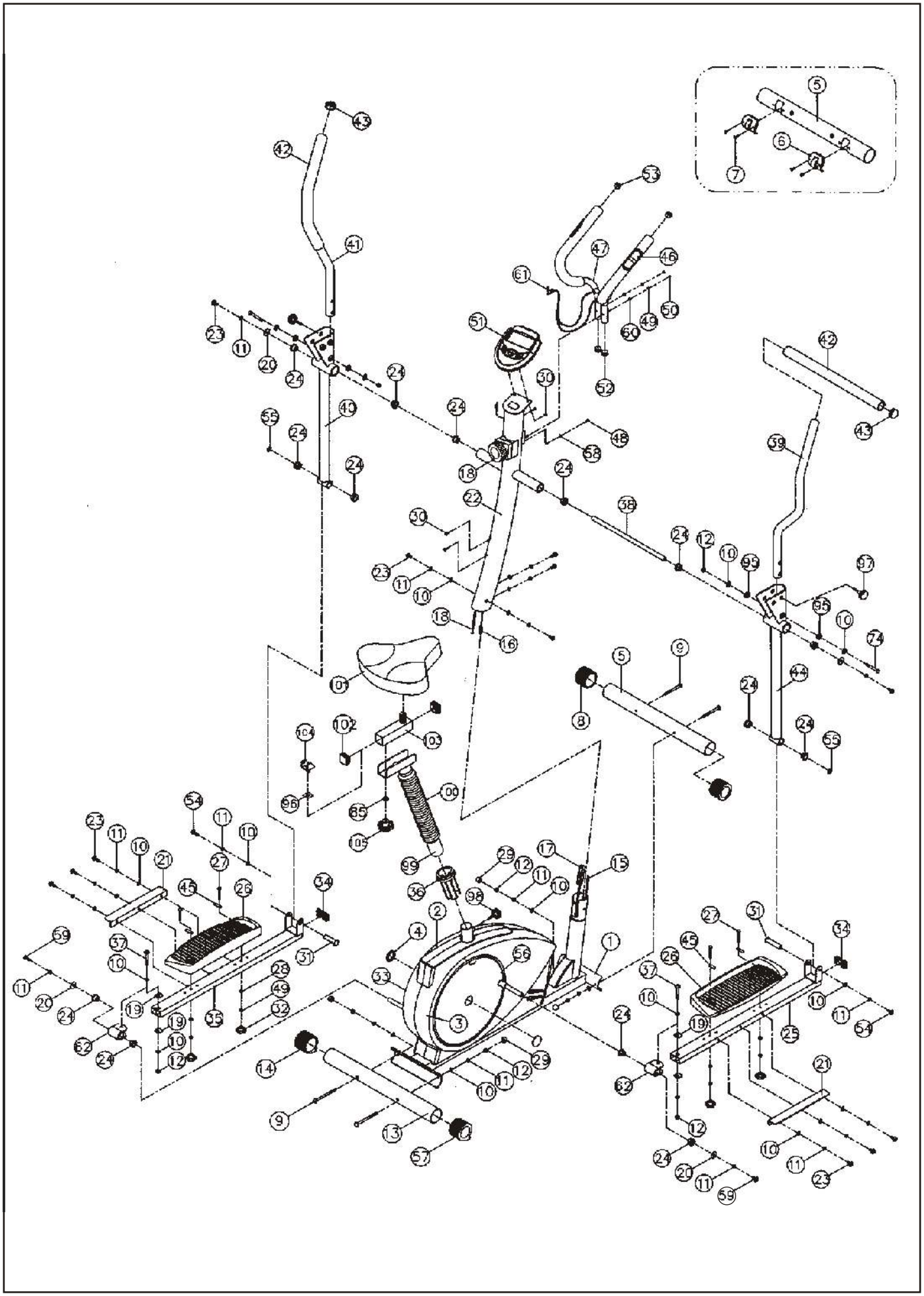
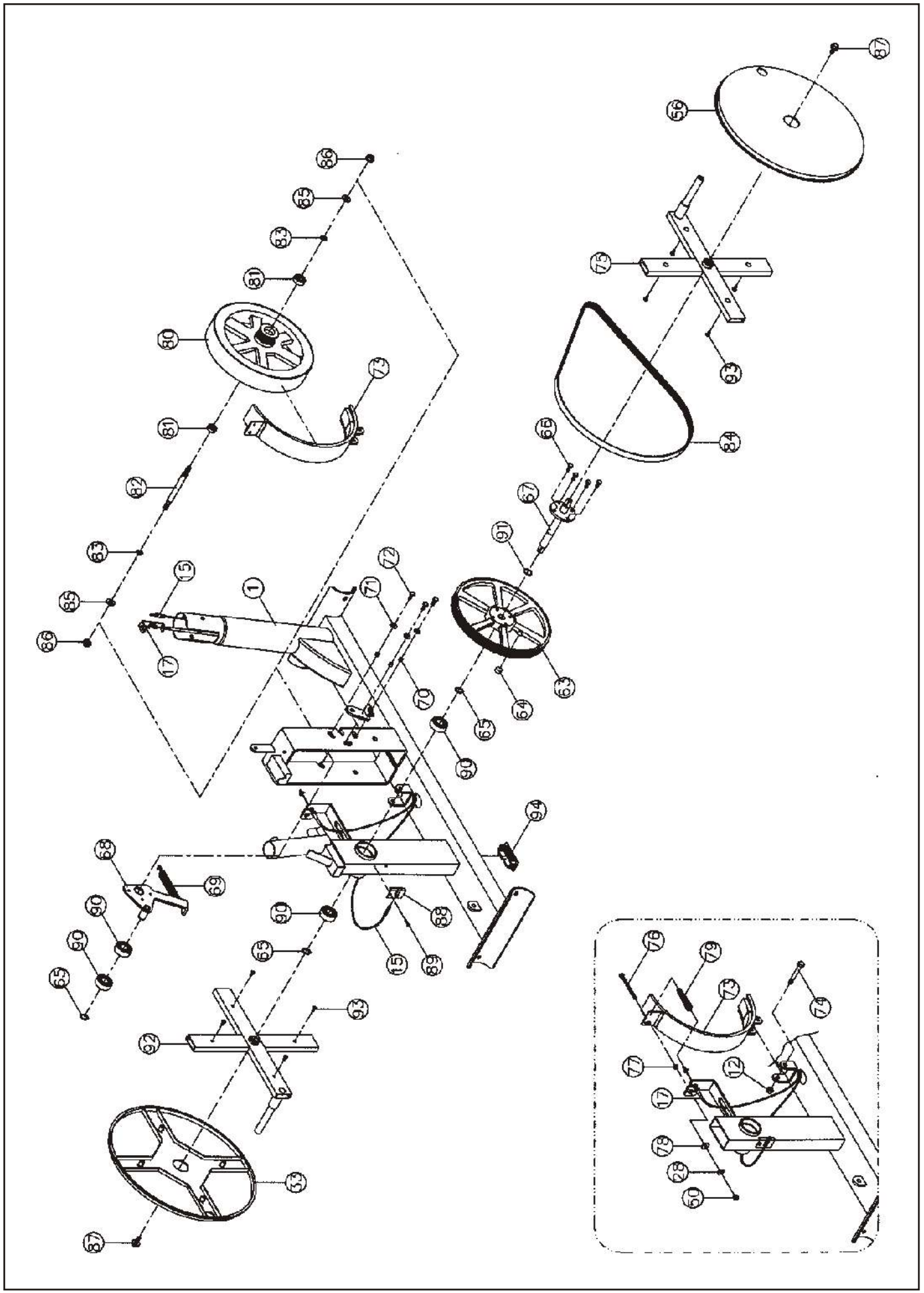
DESCRIPTION



DESCRIPTION



PARTS LIST

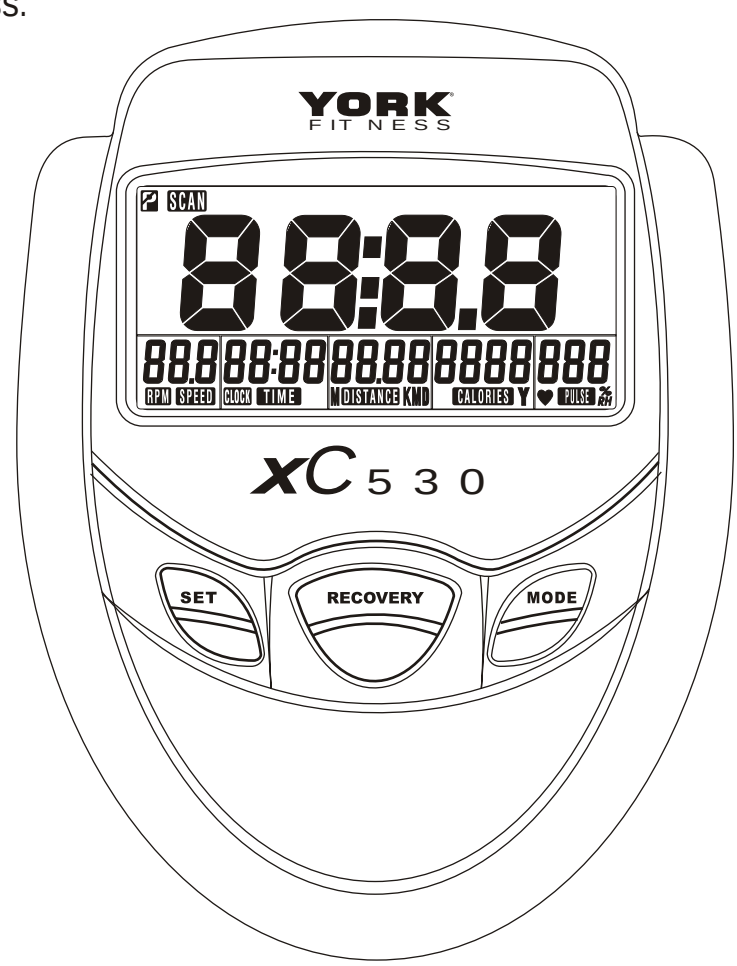
KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
1	5677-01	1	MAIN FRAME
2	5677-02	1	LEFT CHAIN COVER
3	5677-03	1	RIGHT CHAIN COVER
4	5677-04	2	PLASTIC DISC CAP
5	5677-05	1	FRONT STABILIZER
6	5677-06	2	MOVING WHEEL ASSEMBLY
7	5677-07	4	#8 X 16mm SELF TAPPING SCREW
8	5677-08	2	FRONT STABILIZER END CAP
9	5677-09	4	M8 X 70mm CARRIAGE BOLT
10	5677-10	24	M8 FLAT WASHER
11	5677-11	20	M8 SPRING WASHER
12	5677-12	9	M8 NYLON LOCKNUT
13	5677-13	1	REAR STABILIZER
14	5677-14	1	REAR STABILIZER END CAP (L)
15	5677-15	1	SENSOR WIRE
16	5677-16	1	MIDDLE WIRE
17	5677-17	1	CABLE CONNECT BRACKET
18	5677-18	1	TENSION CONTROL ASSEMBLY
19	5677-19	4	PLASTIC INSERT PAD
20	5677-20	4	M8 X 28mm WASHER
21	5677-21	2	PEDAL BRACKET
22	5677-22	1	FRONT POST
23	5677-23	12	M8 X 15mm ALLEN HEAD BOLT
24	5677-24	14	INSERT BUSHING
25	5677-25	1	RIGHT PEDAL POST
26	5677-26	2	RIGHT FOOT PEDAL
27	5677-27	4	M6 X 45mm CARRIAGE BOLT
28	5677-28	5	M6 WASHER (t=1.2mm)
29	5677-29	4	PLASTIC NUT CAP
30	5677-30	4	M5 X 10mm MACHINE SCREW
31	5677-31	2	PEDAL POST PIVOT BOLT
32	5677-32	4	FIXING KNOB
33	5677-33	1	LEFT PLASTIC DISC COVER
34	5677-34	2	PEDAL POST END CAP
35	5677-35	1	LEFT PEDAL POST
36	5677-36	1	SEAT POST INSERT
37	5677-37	2	M8 X 45mm ALLEN HEAD BOLT
38	5677-38	1	PIVOT ROD
39	5677-39	1	RIGHT HANDLE BAR
40	5677-40	1	LEFT LOW HANDLE BAR POST
41	5677-41	1	LEFT HANDLE BAR
42	5677-42	2	HANDLE BAR FOAM GRIPS
43	5677-43	2	HANDLE BAR END CAP
44	5677-44	1	RIGHT LOW HANDLE BAR POST
45	5677-45	4	FOOT PEDAL FIXING WASHER
46	5677-46	2	HAND PULSE SENSOR ASSEMBLY
47	5677-47	1	CENTRE BAR
48	5677-48	1	M5 X 25mm MACHINE SCREW
49	5677-49	6	M6 SPRING WASHER
50	5677-50	3	M6 NYLON LOCKNUT
51	5677-51	1	COMPUTER
52	5677-52	2	CENTRE BAR END CAP - BOTTOM

KEY NO.	PART NO.	Q'TY(PCS)	DESCRIPTION
53	5677-53	2	CENTRE BAR END CAP - TOP
54	5677-54	2	M8 X 25mm ALLEN HEAD BOLT
55	5677-55	2	WAVE WASHER
56	5677-56	1	RIGHT PLASTIC DISC COVER
57	5677-57	1	REAR STABILIZER END CAP (R)
58	5677-58	1	M5 FLAT WASHER
59	5677-59	2	M8 X 20mm ALLEN HEAD BOLT
60	5677-60	2	M8 CURVE WASHER
61	5677-61	1	HAND PULSE SENSOR WIRE
62	5677-62	2	PEDAL POST CONNECT BRACKET
63	5677-63	1	DRIVE BELT PULLEY WHEEL
64	5677-64	1	MAGNET
65	5677-65	3	CLIP C17 (ID 15.7mm)
66	5677-66	4	M6 X 16mm FIXING SCREW
67	5677-67	1	PULLEY WHEEL AXLE
68	5677-68	1	JOCKEY PULLEY BRACKET
69	5677-69	1	JOCKEY PULLEY BRACKET SPRING
70	5677-70	3	SPACER SLEEVE
71	5677-71	3	M6 WASHER (1.5mm)
72	5677-72	3	M6 X 14mm FIXING SCREW
73	5677-73	1	MAGNET HOLDER
74	5677-74	3	M8 X 52mm HEX HEAD BOLT
75	5677-75	1	DISC FRAME SUPPORT (R)
76	5677-76	1	M6 X 65mm MACHINE SCREW
77	5677-77	1	M6 SELF - LOCKING NUT
78	5677-78	1	M6 NYLON WAHSER
79	5677-79	1	MAGNET HOLDER SPRING
80	5677-80	1	FLYWHEEL ASSEMBLY
81	5677-81	2	BEARING (6001ZZ)
82	5677-82	1	FLYWHEEL AXLE
83	5677-83	2	CLIP C12 (ID 11.1mm)
84	5677-84	1	DRIVE BELT - RIBBED
85	5677-85	3	M10 WASHER (t=2mm)
86	5677-86	2	3/8" WH NUT
87	5677-87	2	M8 X 16mm HEX HEAD BOLT
88	5677-88	1	SENSOR FIXING BRACKET
89	5677-89	1	#6 X 12mm FIXING SCREW
90	5677-90	4	BEARING (6203ZZ)
91	5677-91	1	22mm X 17mm X 0.3mm WASHER
92	5677-92	1	DISC FRAME SUPPORT (L)
93	5677-93	8	M5 X 12mm HEX HEAD BOLT
94	5677-94	1	BOTTOM END CAP
95	5677-95	4	SPACER SLEEVE
96	5677-96	1	PLASTIC PAD (SEAT BRACKET)
97	5677-97	2	HAND WHEEL FIXING KNOB
98	5677-98	1	SEAT HEIGHT ADJUSTING KNOB
99	5677-99	1	SEAT POST
100	5677-100	1	SEAT POST TUBE COVER
101	5677-101	1	SEAT
102	5677-102	2	PLASTIC END CAP
103	5677-103	1	SLIDING SEAT POST
104	5677-104	1	FIXING PLATE (SEAT BRACKET)
105	5677-105	1	ADJUSTABLE SEAT POST HAND KNOB

YORK XC530 COMPUTER INSTRUCTION

INTRODUCTION

Your computer is ideal for monitoring your performance and setting yourself targets.
By measuring your pulse rate you can ensure you exercise within your range.
At the same time you can monitor closely your improving condition and cardiovascular fitness.



TO START/ Press the SET button to activate the unit.
The computer will automatically start/stop when you exercise.

B. FUNCTION BUTTONS

MODE: Guides you through each display function.
Your computer will change modes in the following order.

TIME ▶ DISTANCE ▶ CALORIE ▶ PULSE

Press and hold MODE for several seconds to reset all of the target values in the computer.

SET: Allows you to set the target values for TIME, DISTANCE, CALORIE & PULSE.
Please make sure the computer is in the "STOP" status before using this key
If you hold this key continuously for 2 seconds the value will increase quickly.

* SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. *

RECOVERY: The time it takes you to recover after exercise is an indication of your fitness level. The computer is equipped with ''RECOVERY'' to measure your heart rate recovery time, you can use this feature to compare your recovery rate over a period of time e.g. When you first start to train and again after a few weeks training. To make an accurate comparison you should really exercise at the same speed and load, and for the same amount of time, e.g., 10 minutes, at load 3. For an approximate comparison it is not necessary to put your hands on the hand pulse sensor during the exercise period. When you finish exercising, put your hands onto the hand pulse sensors, press "RECOVERY" and the computer will continue to monitor your pulse. When the computer has counted down to 0.00 the screen will display a heart rate recovery grade from F1 to F6 (F1 being good and F6 poor).
Press the "RECOVERY" button again to return to the main functions.

C. SETTING FUNCTIONS

You can set a target time, distance or calories on your computer.
When you start exercising the computer will begin to count down from your target to zero.
When it reaches zero an alarm will beep, then start to count up if you continue exercise.

SCAN Automatically scans all the functions in sequence displaying your progress without requiring you to press the MODE key.
Your computer will change modes in the following order -

SPEED ▶ RPM ▶ TIME ▶ DISTANCE ▶ CALORIES ▶ PULSE

SPEED The speed is shown in KPH, when the YORK XC530 is in use. *(Max 99:9 KPH).*

TIME Counting commences when the YORK XC530 is active. *(Max 99:59 MIN).*

To set the timer to countdown select 'TIME' by using the MODE button.
Enter the required time target by pressing the SET button. *(Max 99:00 MIN).*

DISTANCE Distance is automatically displayed in KM, when the YORK XC530 is in use. *(Max 99.99KM).*

To set a target distance select 'DISTANCE' by using the MODE button.
Enter the desired distance by pressing the SET button. *(Max 99.50 KM).*

CALORIES Approximate calories consumed is displayed, once the YORK XC530 is in use. *(Max 9999 CAL.)*

To set a target calorie consumption select "CALORIE" by using the MODE button.
Enter the target calories to be consumed by pressing the SET button. *(Max 9990 CAL.)*

(This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)

PULSE (USING THE HAND PULSE SENSOR) When using the 'PULSE' function a ''♥'' is displayed, and your current heart rate is shown.

The user may need to consult a doctor before using this equipment.
The user can set a target heart rate with this information.

To set a target heart rate select "PULSE" by using the MODE button.
Enter your target pulse by pressing the SET button. *(Max. 240)*

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HAND PULSE SENSOR

To obtain a pulse reading you must have your left and right hands holding the sensors at the same time.

Grip the hand pulse sensors normally (NOT TOO TIGHT) during exercise and after a few seconds the computer will display your pulse reading.
Some people will not be able to obtain an accurate hand pulse reading e.g.due to hand skin or variations in circulation.

SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY.

U.K.	AUSTRALIA	U.S.A.
YORK FITNESS	YORK FITNESS	YORK FITNESS
HELP LINE (8:30am- 16:30pm) YORK BARBELL (U.K.) LTD. CHURCHILL WAY, DAVENTRY, NORTHANTS, NN11 4YB ENGLAND TEL: (01327) 701-824 FAX: (01327) 706-704 E-MAIL: helpdesk@yorkfitness.co.uk	HELP LINE (8:00am- 16:00pm) YORK BARBELL (AUST.) PTY. LTD. UNIT 1, LOT 2, SWAFFHAM ROAD, MINTO, N.S.W. 2566 AUSTRALIA TEL: (02) 9603-8444 FAX: (02) 9603-8555 E-MAIL: service@yorkfitness.com.au	HELP LINE (8:00am- 17:00pm) YORK BARBELL USA. 3300 BOARD ROAD. YORK, PA 17402 TEL: +1-717-767-6481 FAX: +1-717-764-0416 E-MAIL: info@yorkbarbell.com

NOTE:

1. When targets / limits have been reached an alarm will sound.
2. Without any signal for 5 minutes, the LCD display will shut off automatically, with all values reset to zero. Press any key or start cycling to reactivate.
3. The computer is equipped with an auto start / stop device. It will activate when you start to pedal and switch off some time after you stop pedalling.
4. The mode function will only work when all activity has stopped.
5. If the display becomes faint, replace the batteries.
6. Battery spec: 2 AA size.

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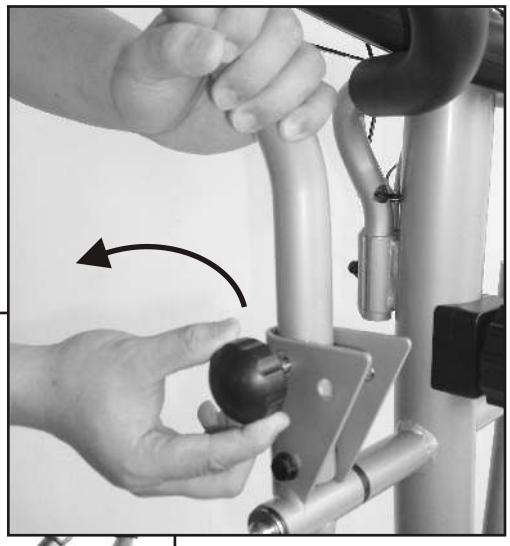
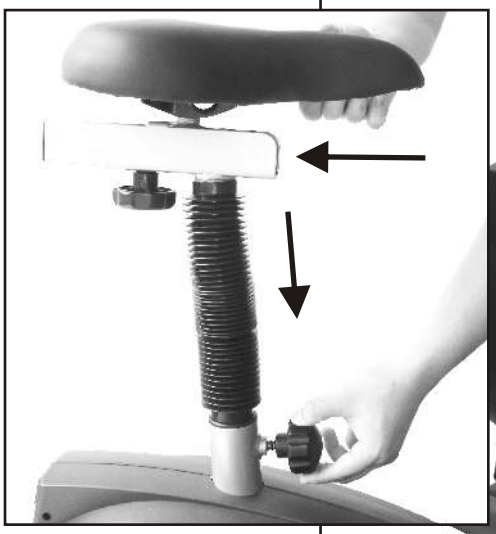
CHECK SET-UP FOR STANDING CROSS TRAINING



■ Check handle bars set in forward position.



■ Check seat in lowest position.

■ ADJUST THE FOOT-PLATFORMS SO THAT YOU CAN EXERCISE IN THE CORRECT POSITION, AND WITHOUT YOUR KNEES HITTING THE FRAME.

■ ALWAYS KEEP YOUR BACK STRAIGHT AND YOUR SHOULDERS SQUARE.

■ ALLOW FOR A NATURAL LIFT FROM YOUR HEEL.

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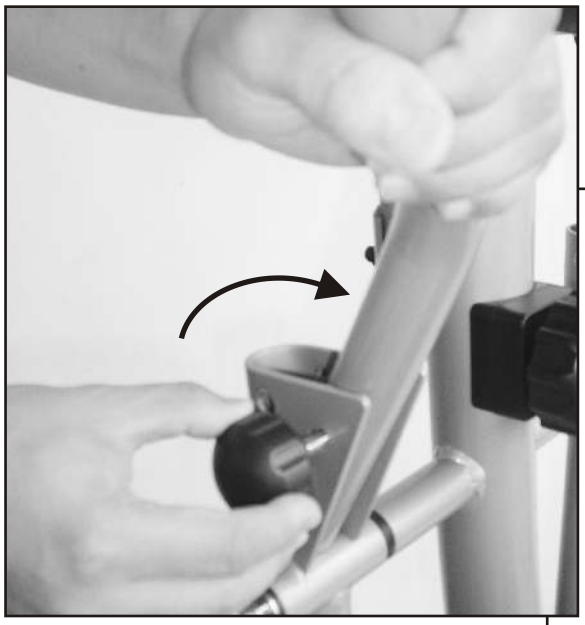
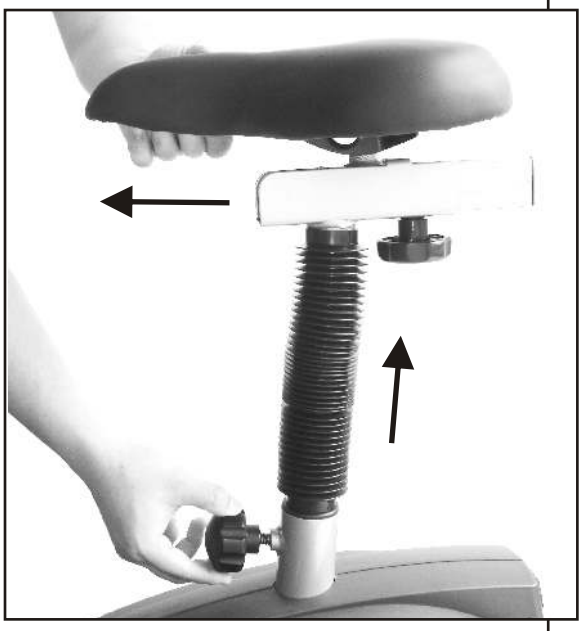
CHECK SET-UP FOR SEATED CROSS TRAINING



■ Check handle bars in rear position.



■ Check seat height.
Your knees should not go above horizontal when cross training in a seated position adjust seat height accordingly.

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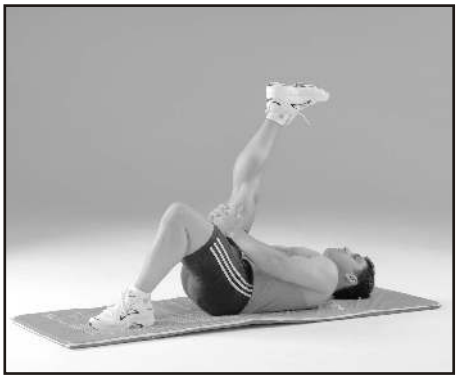
STRETCHING EXERCISES

PECTORALS
Lace fingers and with abdominals pulled firmly in and knees slightly bent ease arms away from you. Hold for 8-10 seconds or until muscle eases.

QUADRICEPS STRETCH
With one hand, hold lace of shoe, knees together, stand tall with abdominals engaged. Squeeze hips slightly forward to increase the stretch. Hold for 8-10 seconds or until muscle eases.

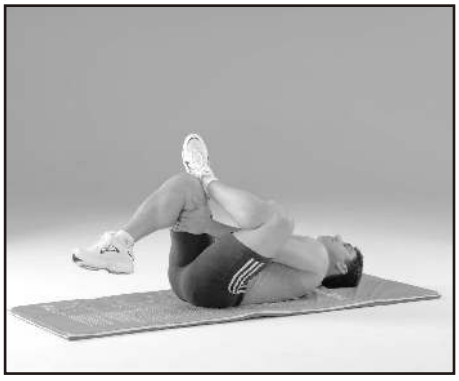


HAMSTRING STRETCH
Holding back of thigh with leg straight, gently ease leg towards chest hold and increase stretch gently. This stretch can be developed slowly 20-30 seconds.

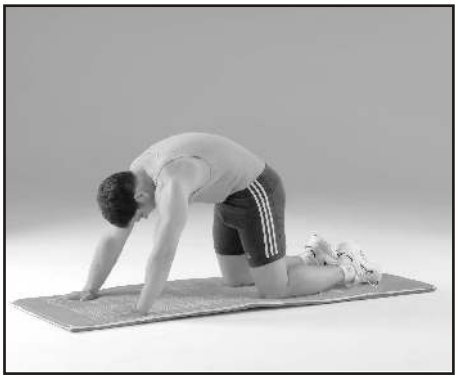
TRICEP STRETCH
Engage abdominals and drop fingers down back pressing gently on fleshy part of arm until stretch is felt in tricep area. Avoid arching back.

DELTOID STRETCH
Take arm across body at shoulder height. Press gently on fleshy part of arm above elbow until you feel a stretch in shoulder area. Hold for 8-10 seconds.

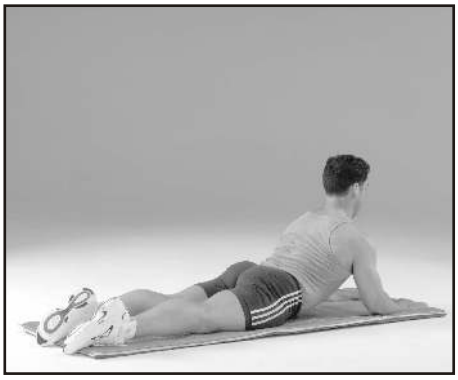
CALF STRETCH
Take leg back ensuring toe point in directly forward. Rest hands on thigh. Hold for 8-10 seconds or until muscle eases.



GLUTEALS
Cross one ankle over opposite knee, using hands lift leg off floor to increase stretch if necessary. Hold for 8-10 seconds.



CAT STRETCH
Starting with a neutral not arched spine lift back up towards ceiling hold for 8-10 seconds return to neutral spine.



ABDOMINAL STRETCH
Lengthen and gently lift upper body keeping head in line until stretch felt. Hold for 8-10 seconds.

INNER THIGH & LOWER BACK STRETCH
Sit with soles of feet together. Sit tall and gently lean forwards until a stretch is felt. Hold of 8-10 seconds.

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BEFORE EXERCISING CHECK:

- You have adequate space ie. at least 2ft. (60cm) clearance on each side.
- Check all bolts and locking pins are secured and not protruding. In particular check all the bolts and pins for wear, replace doubtful parts before using the equipment.
- Always use your elliptical trainer on a flat, level, solid surface.
- Always work within your exercise level, do not work to exhaustion.
- If you feel pain or unwell STOP YOUR WORKOUT IMMEDIATELY.
- Injuries to health may result from incorrect or excessive training.
- Please make sure you have read the safety guidelines.

EXERCISE GUIDE

(These pictures shows the YORK 3100 ELLIPTICAL CYCLE)

STEPPING ON

Make sure the nearest pedal to you is downwards. Grasp the handlebars securely with both hands.
Then step on. (Toes towards the front of the pedal).
Your body should be centred over the pedals, always remain in a vertical, upright position.

TENSION KNOB

Change the level of difficulty of your workout by adjusting the tension knob. Begin with low tension. Adjust resistance to intensify your workout according to your personal fitness level.

CROSS TRAINING

A cardio-vasular (heart and lungs etc) workout as well as toning buttocks, lower abdominals, hips and thighs.

STANDING CROSS TRAINING

Check set-up is correct (see set-up guide).
Step on to the trainer (as explained above).
Select a lead foot and press down in a forward or reverse motion.
Keep your knees slightly bent. Make several full cycles slowly.
Gradually increase speed, as you become familiar with the trainer.
Select any of the routines A to D.

SEATED CROSS TRAINING

Check set-up is correct (see set-up guide). Make sure the seat is high enough that your thigh does not go above horizontal each cycle. Select a lead foot and press down in a forward or reverse motion. Make several full cycles slowly.
Gradually increase speed, as you become familiar with the trainer.
Select any of the routines A to D.

ROUTINE A: Cross train in a forward or reverse direction for 10-20 minutes (depending on your fitness level). Maintain a secure grip on the handlebars and keep your feet firmly in position at all times.

ROUTINE B: Make 4 to 10 cycles forward slowly, then same number quickly. Repeat for 5-20 minutes according to exercise intensity and fitness level. Maintain a secure grip on the handlebars and keep your feet firmly in position at all times.

ROUTINE C: Make 4 to 10 cycles backwards slowly, then same number quickly. Repeat for 5-20 minutes according to exercise intensity and fitness level. Maintain a secure grip on the handlebars and keep your feet firmly in position at all times.

*** SHOULD YOU REQUIRE ANY ASSISTANCE REGARDING THIS PRODUCT PLEASE CONTACT YORK DIRECTLY. ***

EXERCISE GUIDE cont.

(These pictures shows the YORK 3100 CYCLE ELLIPTICAL)

ROUTINE D: ALTERNATE FORWARD AND REVERSE MOTION.

Exercise in the forward motion for 3 to 5 minutes, then slow down to a stop. Change to reverse motion for 1 to 3 minutes. Continue to alternate direction for the duration of your workout - between 5-20 minutes according to exercise intensity and fitness level.

ALWAYS SLOW DOWN GRADUALLY TO A STOP BEFORE CHANGING DIRECTION.

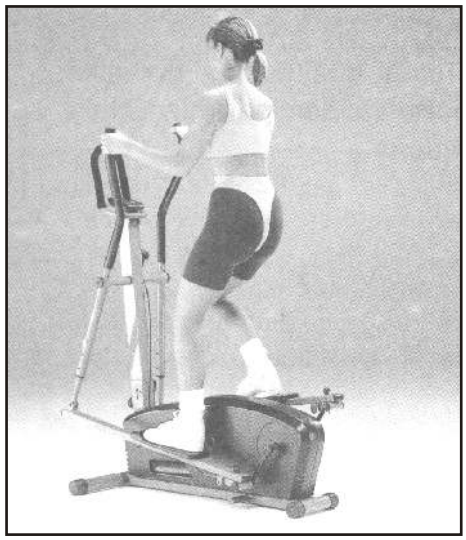
CAUTION:

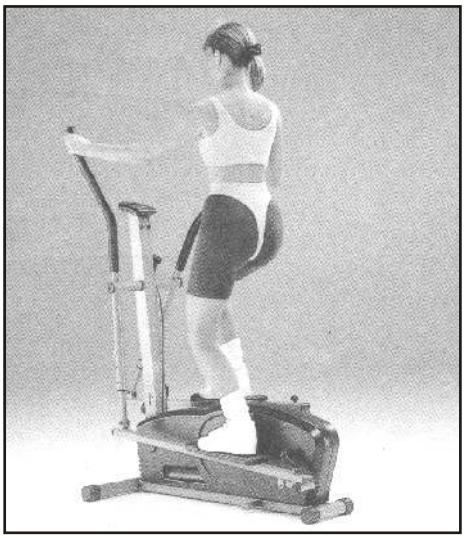
Your legs will probably tire quicker in reverse motion than in forward motion. We suggest you train for less time in reverse motion than in forward motion.

DURATION AND RESISTANCE LEVEL

You should aim to exercise for 10-20 minutes each session. Begin at low intensity (short time & low resistance level) and build up your workout routine gradually - increase the exercise time then increase resistance.
DO NOT OVER TRAIN.

Product may vary slightly form pictured.





(These pictures shows the YORK 2100 ELLIPTICAL TRAINER)

FORWARD SQUAT/KNEE BEND WORKOUT (STANDING CROSS TRAINING)

Select a lead foot and press down in a forward motion. Keep your knees slightly bent, pedal slowly - whilst pedalling slowly lower your body (Approx 4 inches - 10cm) keep your back straight and vertical. In this position, make 8 full cycles. Return to normal body position and make 8 full cycles. Repeat for 4 cycles then 2 cycles.

ROUTINE: 8 FORWARD
(LOWERING YOUR BODY)
8 FORWARD
(NORMAL BODY POSITION)

REPEAT FOR 4 & 2 CYCLES.
THEN TRY THE WHOLE ROUTINE PEDALLING IN REVERSE MOTION.

WORKOUTS: VARY YOUR WORKOUTS AND MAKE UP NEW ROUTINES.

IT IS IMPORTANT YOU MAINTAIN GOOD BODY POSITION AND KEEP YOUR BACK STRAIGHT.

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EXERCISE GUIDE

FITNESS

Many things contribute to fitness and well being but the most important factor is the condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles. Your muscles use this oxygen to provide enough energy for daily activity.
This is called aerobic activity (with oxygen).

When you are fit your heart and lungs work well and efficiently.
This means your heart will not have to work so hard. It will pump a lot fewer times per minute so reducing the wear and tear on your heart.
This in turn reduces the chances of your suffering heart disease.

Fitness also helps you control your weight and reduces the effects of aging and stress.

You come across the need for fitness continually in everyday life.
When you are fit you can walk briskly up hills and stairs without being too out of breath once at the top you recover quickly.

As you can see there are great advantages in being fit.

HOW TO IMPROVE YOUR FITNESS

Like any muscle in your body your heart can be strengthened by systematic physical exercise which requires an increased blood flow and heart rate.
You can measure your heart rate by taking a pulse reading.
Your heart of pulse rate corresponds directly to your exertion level and exercise efficiency.
To improve your fitness in a safe and effective way you need to exercise at a high enough level to improve your aerobic fitness.
The area between these 2 levels is called the target zone.
It is important to exercise at the right intensity to stay within this zone.

For the best results you should exercise within the target zone and gradually increase the duration.
Ideally you should aim to exercise (within zone) for at least 15-20 minutes continuously,
3-4 times per week.

CAUTION

DO NOT TRY TO DO TOO MUCH TO QUICKLY START GRADUALLY AND BUILD UP.
IF YOU BECOME ILL, IF YOU ARE UNDER DOCTOR CARE, OR OVER 35-40 AND NOT CURRENTLY TAKING REGULAR EXERCISE THEN WE WOULD ADVISE YOU NOT TO START TO EXERCISE WITHOUT CONSULTING YOUR DOCTOR.

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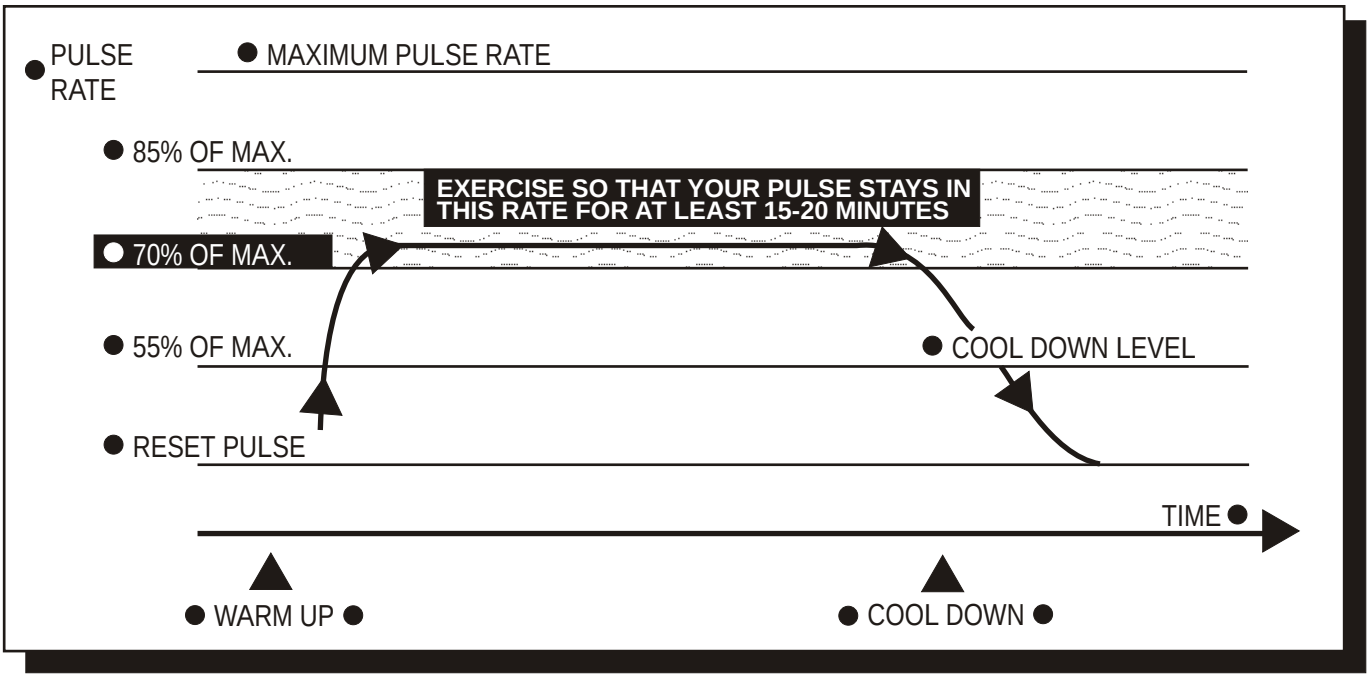
TARGET ZONE



THIS IS HOW YOUR PULSE SHOULD BEHAVE DURING GENERAL FITNESS EXERCISE.
REMEMBER TO WARM UP AND COOL DOWN FOR A FEW MINUTES.

HEART ZONE SELECTION GUIDELINES

In order to set your personal target heart zone, you will need to:
- Calculate your maximum heart rate.
- Select a zone based on your current fitness level.

Calculating your maximum heart rate

The standard method for calculating heart rate training zone is based on estimating maximum heart rate using the formula 220 minus the persons age in years. Some practitioners believe that a woman estimated maximum heart rate can be calculated more accurately by using 226 instead of 220.
The important issue with all estimating calculations is that in reality they can vary by plus or minus 15 bpm and at best are only an indication of actual results.

Estimated Maximum Heart Rate = 220 - Age (Year)

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SELECTING THE ZONE

If you have not exercised for some time begin your exercise program in the Healthy Heart Zone. Start for the first few weeks, and gradually progress up to the zone that meets your personal fitness goal.

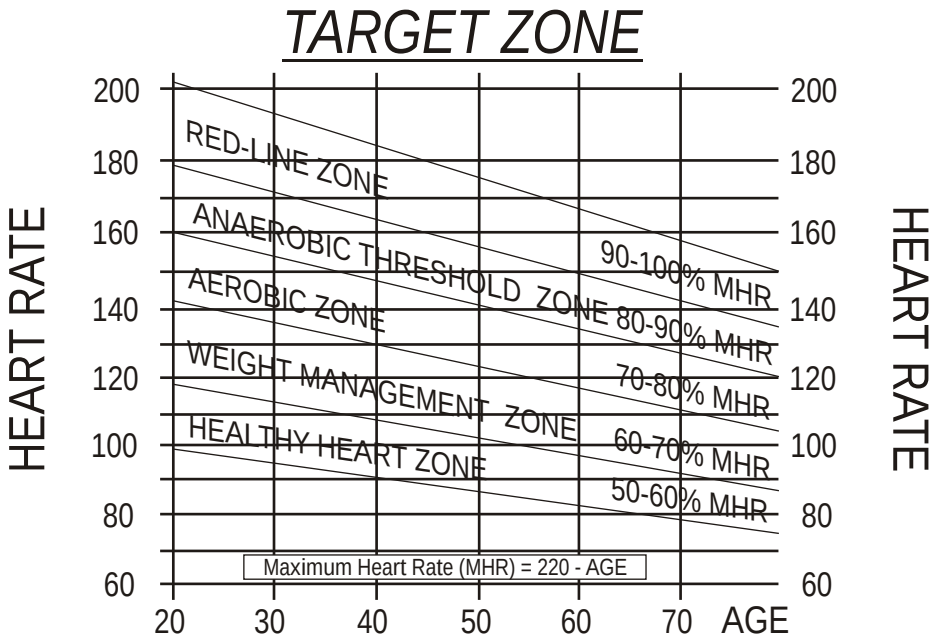
ZONE 1.- HEALTHY HEART - 50 to 59% of Max Heart Rate.
If you are a beginner with the goal of improving overall fitness, losing weight or reducing stress, exercise in this zone.

ZONE 2.- WEIGHT MANAGEMENT - 60 to 69% of Max Heart Rate.
If you already exercise regularly with the aim of losing body fat, exercise in this zone.

ZONE 3.- AEROBIC - 70 to 79% of Max Heart Rate.
Progress to this zone if your goal is to improve your aerobic conditioning.

ZONE 4.- ANAEROBIC THRESHOLD - 80 to 89% of Max Heart Rate.
This is the zone in which to improve anaerobic threshold. Exercising I this zone requires a high degree of fitness, and should not be used by those who are unfit.

ZONE 5.- RED LINE - 90 to 100% of Max Heart Rate.
For professional supervised athletes only.



Percentage of Max Heart Rate (Beats per Minute)						
Max HR	**Age**	**Healthy Heart**	**Weight Loss**	**Aerobic**	**Anaerobic**	**Red line**
		50 - 59%	60 - 69%	70 - 79%	80 - 89%	90 - 100%
155	65	78 - 93	94 - 109	110 - 124	125 - 139	140 - 155
160	60	80 - 96	97 - 112	113 - 128	129 - 144	145 - 160
165	55	83 - 99	100 - 116	117 - 132	133 - 148	149 - 165
170	50	85 - 102	103 - 119	120 - 136	137 - 153	154 - 170
175	45	88 - 105	106 - 123	124 - 140	141 - 157	158 - 175
180	40	90 - 108	109 - 126	127 - 144	145 - 162	163 - 180
185	35	93 - 111	112 - 129	130 - 147	148 - 166	167 - 185
190	30	95 - 114	115 - 133	134 - 152	153 - 171	172 - 190
195	25	98 - 117	118 - 137	138 - 156	157 - 175	175 - 195
200	20	100 - 120	121 - 140	141 - 160	161 - 180	181 - 200
205	<18	101 - 121	122 - 141	142 - 162	162 - 182	183 - 205

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HOW TO MONITOR YOUR HEART RATE DURING EXERCISE

Now that you know where your training zone is, you'll have to monitor yourself to be sure you're in it. Here is a simple rule, if you can t hold a conversation without gasping for breath you are probably above your training zone.

To know precisely where you're working - making sure you're getting all the benefits -
We recommend you check your heart rate periodically throughout your workout.
You can use the electronic pulse monitor which will count and display your heart rate for you.

CONTROL YOUR PULSE RATE TO KEEP WITHIN ZONE

How hard you exercise affects your pulse rate, it is determined by two things:

1. Rate: How fast you exercise.
e.g. The speed you cycle, run or step.

2. Load: The resistance against which you exercise.
e.g. The tension you apply on a cycle or stepper, or the incline set on a treadmill.

THE PULSE RATE RULES

If your pulse rate is too low exercise faster or increase load.
If your pulse rate is too high exercise slower or decrease load.
If your pulse rate goes up towards the end of your exercise, you are trying to exercise for too long, shorten the time.
If your pulse rate does not quickly return to normal after exercise (5-10 minutes) you are not giving your body a chance to recover, reduce how often you exercise.

REMEMBER - GENERAL FITNESS IS BEST IMPROVED BY INCREASING HOW LONG YOU EXERCISE RATHER THAN BY HOW HARD.

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HOW LONG TO EXERCISE?

To qualify as a true aerobic exercise with all the benefits we're mentioned, you must maintain your heart rate within your training zone for at least 12 uninterrupted minutes.

If you exercise longer than 60 minutes the benefits are reduced and the risk of injury is increased.

If you're just starting out on a new exercise program we're commend you stay at the 12 minute minimum for at least a week. When you feel you're ready to go longer, increase your time no more than 10% a week. Don't push yourself too hard.
You should never feel exhausted during or following exercise.

TEST YOUR FITNESS LEVEL AND CHECK YOUR PROGRESS

You can use your computer to control your exercise intensity and to monitor your progress.

The time it takes for your pulse to return to normal, after exercise, is an indicator of your fitness level.
During the first minute of your cool-down phase you will experience a drop in your pulse rate. The bigger the drop in that minute -- the fitter you are.

TO CHECK YOUR PROGRESS:

1. Monitor your pulse rate the moment you end the aerobic phase of your workout and note your pulse rate.

2. Begin slowing down for the cool down phase.

3. After 60 seconds note the rate again.

The bigger the drop in that minute-the fitter you are.

To check your progress repeat this test every few weeks using the same duration and exercise intensity each time.
Keep a record of the results to help you monitor your progress.

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YORK BARBELL LIMITED WARRANTY INFORMATION

- York Barbell Ltd warrants this product to be free from defects in workmanship and material under normal use and conditions from the date of original purchase. This excludes normal wear and tear and is applicable to the original purchaser with sales receipt as proof of purchase.
- The warranty period varies according to the type of product, model or parts concerned and may vary according to country. Please request full warranty details from the York office in your location (see below).

The warranty for York XC530 Cycle Rower is 12 month.

- This warranty covers the product for home/domestic use only and not for commercial or rental usage.
- York Barbell Ltd will not be responsible for damages or failures that occur as a result of improper assembly, adjustment or failure to operate the product as detailed in the manual. This warranty does not cover accidental damage, misuse, abuse, lack of reasonable care for the product, freight damage or alterations or repairs not made by York Barbell Ltd or a recommended service centre.
- During the warranty period, York Barbell will at no additional charge replace parts or repair the product if it becomes defective, malfunctions or otherwise fails to conform to this warranty under usual, non commercial use.
- In repairing the product, York Barbell Ltd may replace defective parts and reserves the right to use serviceable used parts that are equivalent to new parts in performance.
- In the unlikely event of a problem occurring, please contact your local York Barbell authorised dealer. Please have your proof of purchase ready.
- If the problem cannot be fixed by sending parts, you will need to arrange to send the goods to a York authorised repair centre. You must prepay any shipping charges and you are responsible for insuring any product or part shipped or returned. Returns will not be accepted without written authorisation by York Customer Service Department.

WARRANTY REGISTRATION

- It is strongly recommended that you complete the warranty card enclosed with your product and return it to your authorized local YORK dealer.

U.K.

YORK FITNESS

HELP LINE (8:30am- 4:30pm)
YORK BARBELL (U.K.) LTD.
YORK WAY, DAVENTRY,
NORTHANTS, NN11 4YB ENGLAND
TEL: (01327) 701-824
FAX: (01327) 706-704
E-MAIL: helpdesk@yorkfitness.co.uk

AUSTRALIA

YORK FITNESS

HELP LINE (8:00am- 4:00pm)
YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO, N.S.W. 2566 AUSTRALIA
TEL: (02) 9603-8444
FAX: (02) 9603-8555
E-MAIL: service@yorkfitness.com.au

U.S.A.

YORK FITNESS

HELP LINE (8:00am- 5:00pm)
YORK BARBELL USA.
3300 BOARD ROAD.
YORK, PA 17402
TEL: +1-717-767-6481
FAX: +1-717-764-0416
E-MAIL: info@yorkbarbell.com

CANADA

YORK FITNESS

HELP LINE (8:30am- 4:30pm)
YORK BARBELL CO. LTD.
1450 S. SERVICE ROAD WEST,
OAKVILLE (TORONTO), ONTARIO,
CANADA L6L 5T7
TEL: (905) 827-6362
FAX: (905) 827-9593

TAIWAN

YORK FITNESS

HELP LINE (9:00am- 6:00pm)
YORK FITNESS (TAIWAN) LTD.
ROOM A2 4F, NO.51, GONG-YI ROAD,
SEC. 2, TAICHUNG CITY, TAIWAN
TEL: +886-4-2319-3448
FAX: +886-4-2319-3449
E-MAIL: yorktwn@ms25.hinet.net

Authorized Dealer

WARRANTY REGISTRATION

IMPORTANT: Please complete and return this page, with a copy of your receipt, to your local York dealer within 14 days.
Alternatively, you can register your warranty on-line - please visit www.yorkfitness.com

Which product did you buy? _____

Where from (name of retailer)? _____

Date Purchased _____ Serial / Batch No _____

Name (Mr/Miss/Mrs)_____

Address _____

_____

Telephone Number _____

E-mail address _____

Please help us to improve our products and services by answering the following questions:

How did you buy this product?
- In a shop ☐
- Mail order catalogue ☐
- Over the internet ☐
- Other, please specify ☐

Why did you choose this product (tick all that apply)?
- Discounted price ☐
- York brand name ☐
- Best specification at the price you wanted to pay ☐
- Word of mouth recommendation ☐
- Sales staff recommendation ☐
- Received as a present ☐

Did you search the web before buying this product?
- Yes ☐
- No ☐

Were you aware of York before you bought this product?
- Yes ☐
- No ☐

How old are you?
- Under 18 ☐
- 18 29 ☐
- 30-39 ☐
- 40-49 ☐
- 50+ ☐

Are you a member of a gym or fitness club?
- Yes ☐
- No ☐

What prompted you to buy fitness equipment (tick all that apply)?
- Replacing old equipment ☐
- Saw an advert with big price savings ☐
- Medical advice ☐
- Thought it was about time to get fit ☐
- Want to look good ☐

Do you have access to a PC at home?
- Yes ☐
- No ☐

How would you rate the product you have just purchased (1 = poor, 10 = excellent)?
- Quality ☐
- Looks ☐
- Usability ☐
- Instruction manual ☐
- Ease of assembly ☐

On average, how many times a week do you exercise / work out?
- 0 ☐
- 1 - 2 ☐
- 2 - 3 ☐
- 4 or more ☐

Any other comments

_____

_____

This information will be held by York Barbell Ltd and will not be passed onto third parties. Please tick this box if you would not like to receive further information from York Barbell ☐

YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVIDE PROOF OF THE ORIGINAL PURCHASE.
This can be the receipt, invoice, delivery note or internet confirmation.

YORK®
FITNESS

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PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

Date of purchase _____

Name of location where purchased _____

Model number _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip/Postcode** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total value of order	**$**

Send your order to:

YORK BARBELL (AUST.) PTY. LTD.
UNIT 1, LOT 2, SWAFFHAM ROAD,
MINTO N.S.W. 2566
AUSTRALIA

YORK BARBELL (U.K.) LTD.
CHURCHILL WAY,
DAVENTRY, NORTHANTS,
ENGLAND, NN11 4YB

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PARTS ORDER FORM

Enclose a check or money order with this form for replacement parts.

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Model number _____

Last name, First name _____

Telephone number _____

Address _____ **City** _____ **State** _____ **Zip/Postcode** _____

Part No.	Q'ty	Part Description	Unit Price	Total
			Total value of order	**$**

Send your order to:

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